



The PROBUS Pilot



Probus Club of Western Ottawa – serving the western half of the National Capital Region

OCTOBER 2016

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Tuesday 11 October

Are we alone in the universe?

One of the most popular questions today is, "Are we alone in the universe?" Believe it or not, you're in the minority if you believe that absolutely no intelligent life exists outside of planet Earth. According to

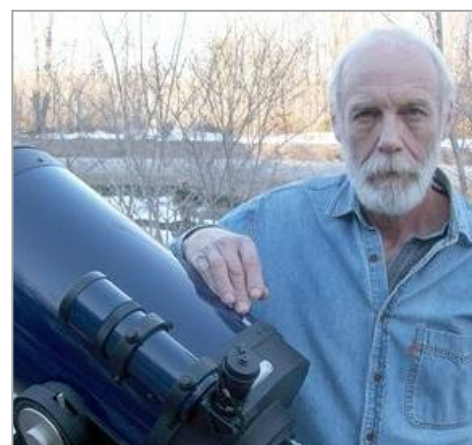


The Milky Way

a HuffPost/YouGov survey, 50 percent of Americans think that there is some form of life on other planets and a quarter think that alien visitors have come to Earth.

We are thus delighted to have Perth area astronomer Frank Hitchens explore with us the realms of possibilities at our 11 October meeting.

Frank tells us that he was born the year the first artificial satellite, Sputnik, was launched into orbit and grew up during the Apollo era. He says that watching those first ghost-like black and white television images of Armstrong and Aldrin cavorting about the lunar surface instilled in him a lifelong fascination



Frank Hitchens

with astronomy and space exploration.

In recent years he says he takes every opportunity to share that fascination with others through radio interviews, occasional newspaper columns and presentations.

He says that his love of astronomy motivates him to help people to better understand the universe. "I'm really enthusiastic about it and try to get other people interested in it as well".

Frank also takes photos of the stars and planets with his powerful telescope. "I've had images I've taken of galaxies that are 35 million light years away."

The Prez Sez

Probus spring luncheon planned

It is exciting that we have had quite a few new members joining our club this fall. We have one of the larger Probus Clubs in Eastern Ontario and it encourages us to have a variety of activities as well as our regular monthly meetings.

Several members of our club executive spend considerable time organizing special events such as restaurant visits and trips to interesting places.

Next year is Canada's 150th anniversary, and the executive of our club is considering a special get together, including lunch and a

speaker, to celebrate.

It would be for our club members and members of other clubs who would like to join us.

The plan is to hold the luncheon on Tuesday, May 9th, at the North Grenville Municipal Centre in Kemptville, which is more accessible than Kanata for our neighbouring clubs.

We will be forming a committee to lead this venture and members who are interested in participating will be most welcome.

Beth Sweetnam,
President

Next meeting:

Tuesday 11 October

10:00 for coffee, social gathering, registration, and activity sign-up followed by our speaker

Frank Hitchens



The Miller's Oven was the venue for lunch prior to our Manotick walk. (More photos on the website)



Our guide, Larry Ellis, provided us with a tour and some personal insights on the history of Manotick.

Coffee could come to an end

Prior to our meetings members look forward to socializing with a coffee or tea. Unfortunately, without someone to make it, this beverage custom may no longer continue.

Jean and Bill Eng have been doing this but have now moved up to take over the membership function with our club.

The coffee and tea has been provided for free by the club and we hope to see this service continue.

We now need one or two individuals to step forward and take on this task.

It only involves coming in an hour early once a month. If you can help us, please advise any member of the executive.

Dues are due

Bring your cheque book

It's time to renew your membership. Dues are unchanged from last year and remain at \$20 per member.

Payment can be made in cash or with a cheque made out to Probus Western Ottawa. The treasurer will be there before and after the meeting to accept your donation.

This is also a good time to update your email and other particulars.

A great selection of upcoming speakers

November 8: Richard Brisson
"The Enigma Machine -
Overview with special
attention to Canada's role"

December 13: Linda Leinan --
President, Kanata-Hazeldean
Lions Club
John Piggott -- President, the
Rotary Club of Ottawa Kanata
"Organization and programs
of local service clubs"

January 10: Barry Kirk --
Executive Director, CAVCOE
"Automated Vehicles are here
to stay"

For want of a card

We like to think that our Probus Club is much like a family. As such we would like to send a card when someone is ill, hospitalized, in need of a comforting word or on the occasion of a significant milestone.

We are fortunate that Betty Jean Bone has volunteered to take on this task.

If you know of someone who could use a card please call Betty Jean at 613-721-5536.

Christmas Luncheon



This year, to celebrate the Christmas season, we are again going to Algonquin College's *Restaurant International* for lunch.

We have reserved for Thursday December 6th at noon and will adjust the numbers according to the interest. Doors open at 11:30 and this year we hope to have the venue all to ourselves.

The cost is \$30.00 per person (\$60.00 per couple) which includes a three course holiday meal, coffee, tax and gratuity. Drinks are extra.

Algonquin will accommodate dietary restrictions provided they know of them when the reservation is finalized, so please remember to indicate these on the sign-up sheet.

Sign up in October and November... don't forget your chequebook!

QUOTE OF THE MONTH

"I'm saving that rocker for
the day when I feel as old as
I really am."

Dwight D. Eisenhower



Welcome to the following new members who joined in September:

Shirley McMullin
Barb Reid
Lorna Jowett
Peter Jowett
Mary Hardie
John Hardie
Jim Humphrey
Stuart Moxley
Ron Knox
Eleanor Sinclair
Laureen Silke

After the meeting

We go out for lunch

Join us for lunch after our meetings to socialize and discuss the meeting topic.

This month we will be at:

The Brew Table

NW corner of Robertson and Moodie

Thursday 13 October

Fall nature walk in Carp Hills

Join us On Thursday October 13th for a nature walk on the new "Crazy Horse" trail in the Carp Hills. We will begin at 9:30 am at the trailhead on March Road, across from the intersection with Huntmar Drive, in Kanata North. (There was once a bar on the site, named the "Crazy Horse".)

This trail has been cleared and maintained by the Friends of the Carp Hills, and you can see more information about this group using the link below, as well you can download a copy of the trail map from the same site.

www.carphills.com

The trail is on City-owned land in the Carp Hills, and there is an exceptionally wide diversity of forest, uplands, wetlands, and beaver ponds, with splendid outcrops of Canadian Shield. We will not attempt the full length of the trail, but will take one of the shorter side loops, to finish in about 1.5 hours or so.

Optional coffee break afterwards at Alice's Cafe in Carp.



Note that this is a back-country trail with uneven surfaces, and can sometimes be wet after a rain. So wearing suitable walking/hiking shoes is essential. And dress for the weather, of course.

There is no charge, and no maximum number of participants. You can sign up at the October meeting, or you can just show up at the trail. If you have questions, please contact Judy Makin at 613-839-6656.

Health Canada website has information for seniors

As you get older, it becomes increasingly important to be active and make healthy choices. It's Your Health (IYH) [located here](#) has a series of articles on seniors' issues - from osteoarthritis and osteoporosis to sexual health and accident prevention - written in an easy-to-read format that can help you get

the most out of life.

A joint publication of Health Canada and the Public Health Agency of Canada, *It's Your Health* is a series of over 150 articles on a wide range of health and safety issues.

To view all the articles available go to the complete [alphabetical list](#) or subscribe to IYH to be

notified electronically whenever an article is updated or a new article is released.

Click on the Featured Articles:

- [Clinical Trials and Drug Safety](#)
- [Extreme cold](#)
- [Noise-Induced Hearing Loss](#)
- [Insulin Pumps](#)
- [Tanning and your health](#)

Your Management Committee for 2016-17

President	Beth Sweetnam	Speaker Program	Heather Walt Gordon Walt
Vice President	Barbara Bole Stafford	Social Hospitality	Marie Armstrong Ron Armstrong
Past President	Vernon Sulway	Social Activities	Judy Makin Marg Demers
Treasurer	Maureen Donaghy	Publicity	Pat Thompson
Secretary	Martha Maslen	Newsletter Editor	Peter van Boeschoten
Membership	Bill Eng Jean Eng	Webmaster	Peter van Boeschoten

Group insurance from Johnson Inc.

Did you know that as a member of Probus you are eligible for Group Travel insurance through the MEDOC program from Johnson Inc.

Find out more by going to our club web page and click on links or go directly to

<http://www.probus.org/instrvl2.pdf>

Join us for an upcoming lunch-out

Thursday 20 October

Biagio's Italian Kitchen

**1394 Richmond Road (near Carling)
meet there at noon**

Biagio's proudly opened its doors in December of 1999. Our menu was created to provide an 'al momento' cooking philosophy which means each pasta, pizza and entrée is prepared individually to order. We take pride in our home-made pasta, hand rolled pizzas and fresh selection of grilled meats and fish. www.biagios.ca.



Euchre and Bridge remain popular

Probus has an active euchre and bridge group. They meet monthly at the Bells Corners United Church, 3955 Old Richmond Road (at Moodie). Meetings are usually held on the first Friday of the month at 1 p.m. (But see below for exceptions).

This is mostly a casual and social occasion and some players play both euchre and bridge and fill in where needed.

Following are the dates for our upcoming meetings:

Friday, 7 October

Friday, 4 November

Friday, 2 December

(Note that the December meeting is the Christmas potluck which starts at 11:30)

For further information call Pat Stoate at 613-820-0174

Parking can be a challenge

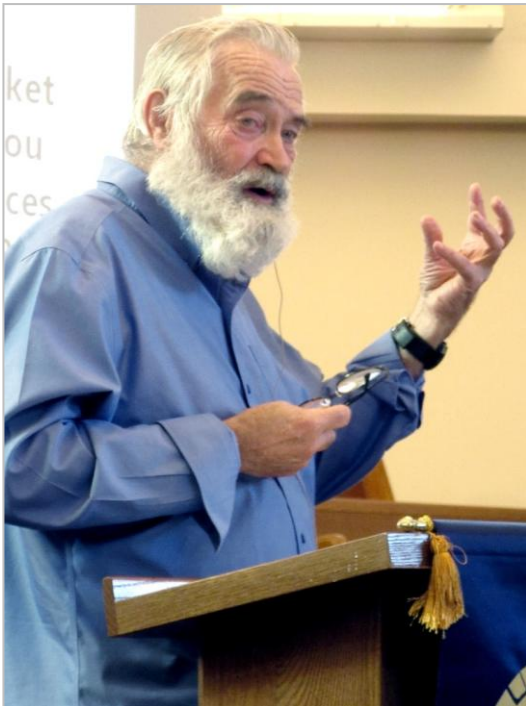
Parking in the Church lot can be a challenge as it fills up quickly.

As winter approaches and our speakers become more popular it will likely get worse.

Please do not park in the marked Church Reserved slots or in the "Speaker" slot which is the first one on the left.

We do have an arrangement with the school which permits us to park in their lot.

This area can be seen in the map at right. Make sure that you pick the second entrance to enter or you will end up in the bus drop-off lane.



At our September meeting Howard Clifford combined his passion for child care and nature by outlining how essential it is for children to get outdoors to explore nature.

Web page has links to clubs and seniors orgs.

Our web site at www.probuswesternottawa.ca has a link page not only to Probus Canada and other local Probus Clubs but also to local seniors centres and other seniors

organizations.

Do check it out and let us know if we should add anything.

The web site as a whole is our product and we welcome suggestions to make it more useful.

Chuckle Corner



The Bathtub Test

It doesn't hurt to take a hard look at yourself from time to time, and this should help get you started. During a visit to the mental asylum, a visitor asked the Director which tests were used to determine whether or not a patient should be institutionalized.

"Well," said the Director, "we fill up a bathtub, then we offer a teaspoon, a teacup and a bucket to the patient and ask him or her to empty the bathtub."

"Oh, I understand," said the visitor. "A normal person would use the bucket because it's bigger than the spoon or the teacup."

"No," said the Director, "A normal person would pull the plug. Do you want a bed near the window?"